

# Developing Good Holiday Eating Habits

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(Omaha, NE) - The company holiday party is fast approaching. Frosting-covered sugar cookies are everywhere. And you've finally recovered from Thanksgiving. If you're worried about trying to eat responsibly during the holiday season, here are some tips to keep you on track:

- One of the best ways to tame the "eating monster" is to focus on activities and people, rather than on food and the buffet table. Don't make any food "off limits." If you tell yourself that chocolate fudge is a "no-no," then chocolate fudge is likely to be all you can think about.
- Practice good stress management techniques. When you are tired or stressed, you are less able to control your eating.
- Avoid or limit your consumption of alcohol. Besides containing a lot of "empty calories," it can hamper your ability to make good choices about what you eat.
- Be selective about the treats you do eat. Pay attention to how good they taste, and savor them slowly. By really enjoying your favorite holiday foods, you can choose to pass up less desirable selections.
- Don't punish yourself if you overeat or if you eat a "forbidden food." During the holidays and all year long, treat yourself the way you'd treat a good friend. Give yourself permission to be human.

*These tips were provided by Sandra Kutler, MS. Sandy is a licensed professional counselor with Associated Counseling Professionals in Omaha.*